SEVEN MUST-HAVES FOR PREGNANT WOMEN

THE DESIGNER WHO DRESSED KATE MIDDLETON'S BUMP GIVES US TIPS PAGES 36-37

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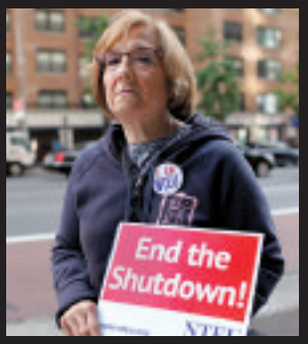
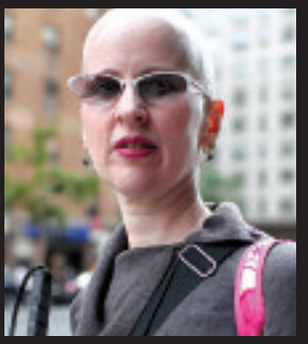
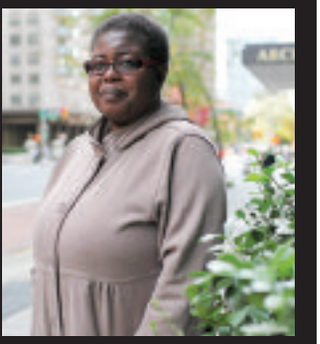
Tuesday, October 15, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

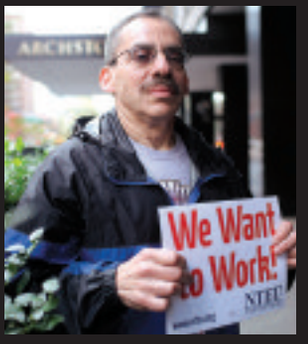
Furloughed. Fourteen days out of work, federal workers in New York City are struggling to make ends meet. **Savings.** Some families, many with young kids, are dipping into their reserves as the shutdown continues. PAGE 02

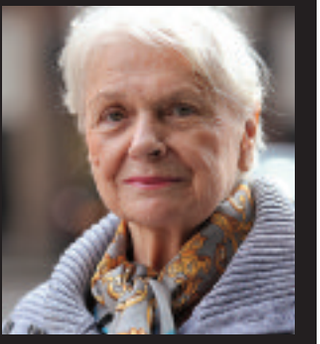






Faces of the shutdown





While Congress has spent two weeks deliberating, these New Yorkers are feeling the real day-to-day effects of the federal shutdown. Clockwise from top left: Rhonda, who asked to be identified only by her first name; Charlie McNally and his 16-month-old son; Marisol Goico; Shawnee Swinton; Barbara Vandervloed; Martin Fried; the Statue of Liberty (opened this weekend thanks to state funds); Cynthia McKnight. / PORTRAITS BY BESS ADLER, METRO; THE STATE OF LIBERTY, ISTOCK.COM

Savages get restless at CMJ

PAGES 30-31

Literary 'it' girl is at it again

PAGES 28-29

Leave the city for the best leaves

PAGE 32

Little Miss Sunshine as a 'Haunter'?

PAGE 25

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NEWS

Top 3

What's trending online at Metro.us

1 'Escape advertising through the power of chewing'

2 'VIDEO: Thief hijacks motorcycle, gets shot by police in Brazil'

3 'VIDEO: Fox News' Gretchen Carlson goes makeup-free to empower girls'

Quoted

"The historical figure of Columbus is complicated to say the least. For one thing, he went to work for Spain."

Italian-American Bill de Blasio

The human cost of the shutdown

Rep. Carolyn Maloney stands with furloughed workers. / BESS ADLER, METRO

A big problem

Charlie McNally's wife, working part time for the past month after having their son, is now the family's sole breadwinner.

- The couple is considering taking out loans to pay for their mortgage, due Nov. 2, should the stalemate continue.
- "One of the big perks — you think — when getting into federal services, is the stability that it offers. And if that disappears, that's a big problem," McNally said.

Out of work.
Furloughed federal workers struggle during the government shutdown.

After two weeks furloughed from the Department of Housing and Urban Development, Charlie McNally, 33, began looking at the application to file for unemployment benefits this weekend.

"We've cut back to the bare essentials and our cushion is running out," McNally explained, describing what furloughed life is like in Sunnyside, Queens, with his wife and 16-month-old son.

McNally is one of at least 27,000 federal workers in the city left adrift during the shutdown, worrying about mortgage payments and rent, college tuition, health care and even food.

Clinton Hill resident and HUD employee Cynthia McKnight has been financially supporting her mother since she had a stroke last year.

"You do save, but it's still a hardship," said McKnight, whose 18-year-old just started classes at Baruch College. "I just get the necessities. I shop at a co-op now to save money."

Many workers like McKnight were not only concerned about the shutdown's effect on their families and co-workers, but the citizens their departments serve.

"It is services that are not there for the people," U.S. Rep. Carolyn Maloney said at a rally in front of the East Midtown Society Security Office yesterday.

The shutdown is even preventing people from getting help that should be available to them.

Shawnee Swinton, a Bedford-Stuyvesant resident furloughed from Health and Human Services, said she was denied unemployment benefits because she couldn't access the right W-2 forms during the shutdown.

"It impacts my ability to take care of the family, pay my bills, be able to provide food," said the 46-year-old single mother of two.

"New York is very expensive and a lot of people already live paycheck to paycheck," McKnight added.

Quoted

"Once I finally start getting unemployment, that's another bill — it has to be paid back once we return to work. It's the creation of a lot of additional debts."

Shawnee Swinton, furloughed HHS employee

ANNA SANDERS
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The Plaza Hotel won't stand for Citi Bike. / METRO PHOTO ARCHIVE

Plaza to Citi Bike: Scram! Hotel sues to move 'eyesore' rack

Deeming a Citi Bike rack in front of it an "eyesore," The Plaza Hotel filed a lawsuit on Friday to remove it.

"The decision to put the racks there was, among other things, capricious and disrespectful," said Plaza Hotel lawyer Steven Sladkus.

The suit maintains the city should not have allowed advertising on the bikes and says reducing four lanes across from the hotel to three has clogged traffic.

The city's Law Department is "confident that the installation was proper." **ANNA SANDERS**

Kidnapping

The suspect / NYPD

Cops seek foiled kidnapper

Police say this man tried to kidnap a teen girl in the Bronx on Sunday.

The victim, 16, was waiting for the Bx36 bus at the corner of Randall and Olmstead avenues around 7:30 a.m. when the suspect drove up in a white cargo van, police said. He stopped the vehicle, opened the side door and grabbed the girl's arm. Cops said he tried to pull her inside, but she was able to fight him off and run away. **LAURA SHIN**

Smoker haven

New e-cig bar in SoHo

The city just got its first e-cigarette bar: the Henley Vaporium now offers dozens of "vape"-able flavors from staples like strawberry and mango to more mysterious offerings like "Jamaican Me Crazy."

The bar serves juices instead of alcohol, touting e-cigarettes as a healthier alternative to rolled tobacco. **EMILY JOHNSON**

Warning

Controlled explosion in Williamsburg

A production company will be filming a controlled explosion of a building between 6 and 10 tonight near Kent Avenue and Clymer Street, the NYPD reported. **METRO**

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‘Taste NY’ to offer local goods at Grand Central

Yum. Food, beer and wine produced in the Empire State will be featured in a new store at Grand Central Terminal.

Grand Central Terminal will be a new marketplace. / METRO PHOTO ARCHIVE

Grand Central has a message for the 750,000 commuters who wander under its starry-vaulted ceiling: Buy local.

A program established by Gov. Andrew Cuomo geared at promoting New York’s food and drink producers is setting up shop in the landmark transit hub next year.

A new Taste NY store in the terminal will offer commuters locally produced food and beverages.

Cuomo said the store “is a great way to showcase the wealth of products that New York’s agricultural industry has to offer.”

The MTA has already gotten involved in the Taste NY program with a recent initiative stocking Long Island Railroad and Metro-North bar carts in Penn Station and Grand Central with New York-made wine, beers and alcohol.

Quoted

“The time is right for the producers of New York’s great foods and beverages to break into and tap this great marketplace.”

MTA Chairman Thomas Prendergast

MTA Chairman and CEO Thomas Prendergast cited “the explosive interest in artisanal and craft foods and beverages” as part of the impetus for the program, and spoke proudly of a long history of wine and beer-making in New York state.

“The time is right for the producers of New York’s great foods and beverages to break into and tap this great marketplace of commuters, travelers, tourists and shoppers,” Prendergast said.

Grand Central is estimated to be the second most popular public space in New York City after Times Square.

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Airbnb rental ads boast swank pads for short stays. / COURTESY OF AIRBNB.

Airbnb endeavors to fight subpoena with help of users

Records. The online room rental service is asking users to protest a subpoena for information on Airbnb hosts in New York.

A new subpoena from Attorney General Eric Schneiderman aims to see if Airbnb hosts are breaking a law that prohibits renters from subletting rooms for less than 30 days.

But Airbnb says most users aren't breaking laws.

"The vast majority of these hosts are everyday New Yorkers who occasionally share the home in which they live," David Hantman, head of global public policy at Airbnb, wrote on the site.

Still, the vague nature of the law is enough to scare off a few hosts.

"We like our apartment enough to not want to lose our lease over it," said Park Slope resident and former Airbnb host Megan, last name withheld.

Schneiderman's office did not respond to a request for comment.

ANDREA PARK
letters@metro.us

By the numbers

15K

The number of Airbnb users is pegged at more than 15,000 in NYC.

87%

Schneiderman is worried about illegal hotels and slumlords, but the company estimates 87 percent of hosts rent out the homes in which they live.

17K

The company is asking users to sign a Peers.org petition. It already has more than 17,000 signatures.

Queens

Motorcyclist killed in crash

A motorcyclist was thrown from his bike and died after hitting a barrier on the Cross Island Parkway in Queens on Sunday.

David Wilson, 27, was riding a motorcycle when he hit the barrier at about 5:35 a.m., police said. He was declared dead at the scene.

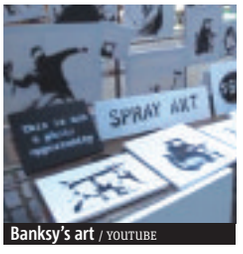
A 27-year-old passenger was in stable condition.

ANNA SANDERS

Banksy. Art superstar sells work street-side

Secretive graffiti artist Banksy, in New York for the month of October, posted a video to his website showing his latest stunt: a street vendor hawking Banksy originals on Central Park South on Saturday.

It seemed no one suspected the art was the real deal: One buyer demanded a half-price discount on the posted price of $60 and another said, "I just need something for the walls."

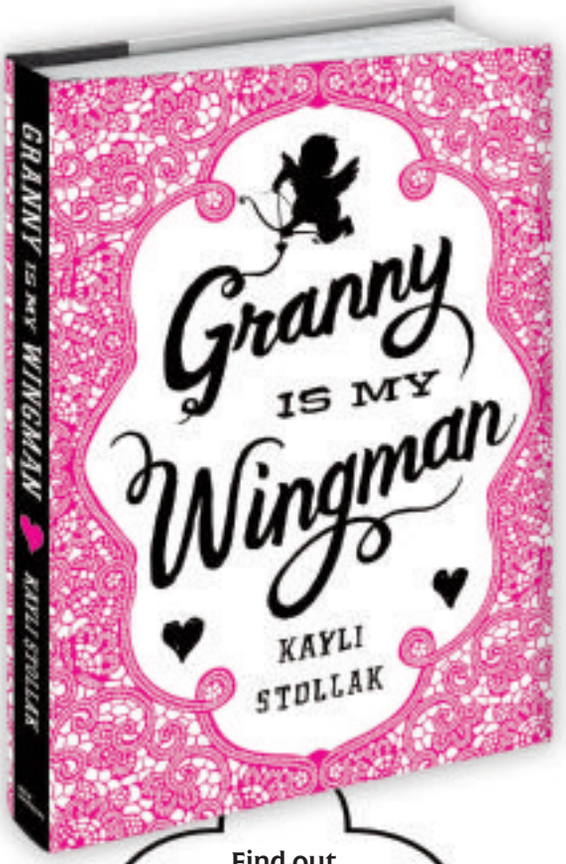


Banksy's art / YOUTUBE

Hopeful buyers are out of luck: On his website Banksy said the stand "was a one off."

ANDREA PARK

Just two single ladies looking for laughs and love in the world of online dating



Find out what happens when a twenty-three-year-old woman jumps headlong into the world of online dating and convinces her tough-talking granny to come along for the ride. What follows is a hilarious round of drunken hookups, late-night Facebook stalking, breathy phone calls . . .
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Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles.

They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling (718) 732-0231

Zero murders reported in NYC last week

Good news. According to data from the mayor's office, the city has not seen even one murder since Oct. 6.

Mayor Michael Bloomberg has seized gun crime as one of the central issues of his legacy, both as mayor and as someone with enough wealth to exert significant pressure on legislators across the country.

As his tenure nears its end, talk of Bloomberg's legacy has focused largely on the negative perception of his consistent and emphatic defense of the NYPD's controversial stop-and-frisk practice, and the notion that he is not in touch with the experiences and day-to-day reality of lower-income New Yorkers.

But the efficacy of his work on gun violence seems undeniable: Murders committed with guns are down nearly 29 percent this year compared to last year, with 148 fatal shootings this year through Sunday and 208 last year over the same period.

The drop is an achievement Bloomberg has pointed to while asserting that he does, in fact, care about low-income minority communities, as the vast majority of New Yorkers affected by gun crime are low-income members of those communities.

The mayor's office has been fastidiously tracking the decrease in gun crime over the last year compared to 2012, and Police Commissioner Ray Kelly recently noted that the murder rate in New York City is dramatically lower than that in other major U.S. cities like Detroit, Philadelphia and Chicago.

DANIELLE TCHOLAKIAN
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By the numbers

0
Murders committed last week in New York City.

256
Murders committed so far this year through Sunday.

346
Murders over the same period last year. Murders and shootings were at record lows in 2012 and are already down 26 and 23 percent this year.

Politicians on parade in New York

Democratic mayoral candidate Bill de Blasio shares a smile with New York Gov. Andrew Cuomo while marching in the 69th Annual Columbus Day Parade yesterday. / GETTY

Terror suspect

Al Qaeda suspect to appear in NY court

An alleged senior al Qaeda figure captured in Libya arrived in New York yesterday.

Nazih al-Ragye is facing federal terrorism charges for the 1998 U.S. embassy bombings in Kenywwa and Tanzania that killed 224 civilians. **REUTERS**

Crash

Four injured near FDR

Four people were badly hurt in a car crash at East 23rd Street and Asser Levy Place yesterday around 5:12 a.m., the FDNY said. **ANNA SANDERS**

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Reporters swarm around Senate Minority Leader Mitch McConnell as he walks to the Senate floor yesterday. / GETTY IMAGES

Senators close in on fiscal deal as default deadline approaches

Pay. Treasury says it can't guarantee that the government will be able to pay its bills past Oct. 17.

U.S. senators said they were closing in on a deal yesterday that would reopen the government and push back a possible default for several months, though many hurdles remained as a deadline drew near.

Ahead of a scheduled meeting with President Barack Obama, the Senate's top Democrat and top Republican both said they were optimistic that they could soon reach an agreement that would allow them to avert a looming default and end a partial government shutdown that has dragged on for 14 days so far.

Senate Democratic Leader Harry Reid and his Republican counterpart, Sen. Mitch McConnell, were due to meet with Obama, Vice President Joe Biden and House leaders but the meeting was postponed "to allow the Senate leaders time to continue making important progress towards a solution that raises the debt limit and reopens the government," a White House statement said.

The proposal would raise the $16.7 trillion debt ceiling by enough to cover the nation's borrowing needs into 2014, a source said. It also would fund government operations through mid-January, keeping in place the "sequester" spending cuts that took effect in March.

It would also set up a new round of budget talks that would try to strike a bargain by year's end. **REUTERS**

Quoted

"I'm very optimistic that we will reach an agreement that's reasonable in nature this week."
Reid

Poll

74%
A Washington Post/ABC News poll found that 74 percent of Americans disapprove of the way Republicans have handled the standoff.

53%
The Washington Post/ABC News poll also showed a 53 percent disapproval rating for President Obama.

College admissions

US justices to hear race case, one side has two voices

The Supreme Court today will delve into a decades-old debate over university admissions policies that favor racial minorities, hearing a Michigan case that picks up where the justices left off last session in a dispute from the University of Texas.

Unlike the Texas case that tested a specific affirmative action practice, this new dilemma revolves around a broad state constitutional amendment.

In a twist, the two groups in the Michigan case that favor affirmative action to help minorities have put forward divergent views. They will split their side's half hour of oral argument, each taking a different tack in hopes of influencing a court dominated by ideologically conservative justices.

They so differentiated their positions in filings to the court last month that the justices took the rare step of granting a request for divided argument at the court's lectern.

Michigan, where voters in 2006 approved a ban on all "preferential treatment" based on race in education, will have the other half hour to itself. **REUTERS**

Affirmative action

1960
The country's struggle with the issue traces back to the early 1960s when President John Kennedy first told federal contractors to take "affirmative action" to hire minorities.

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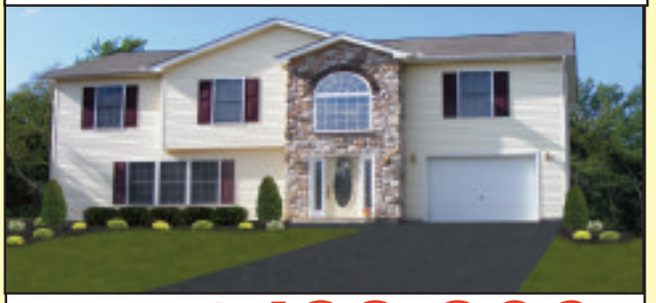

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Today's winner

There is still time to vote for your favorite entry in the Metro Photo Challenge. Go to **www.metrophotochallenge.com.**

'Golden Glow'

Miguel Gaiowski, San Francisco, Category: Sight

New study

Irregular bedtimes tied to kids' behavior problems

Children without a regular bedtime tend to have more behavior problems at home and school, a new study suggests.

Researchers found that when children started going to sleep at a more consistent time, their behavior improved as well.

"If you are constantly changing the amounts of sleep you get or the different times you go to bed, it's likely to mess up your body clock," said Yvonne Kelly, who led the study. REUTERS

Hunter, 72, survives 19 days in snowy Calif. wilderness

Food and shelter.
He ate squirrels and packed leaves around him for warmth.

A 72-year-old California deer hunter was recovering yesterday after surviving nearly three weeks while he was lost and alone in the snowy wilderness, authorities said.

Gene Penaflor was discovered by hunters on Saturday after 19 days in the Mendocino National Forest in the Coastal Mountain Range of northwestern California, according to a report by the Mendocino County Sheriff's Office.

"This is a miracle," reads a message on a website dedicated to the search, www.genepenaflor.com, updated with a family photo at a local hospital over the weekend.

The Mendocino National Forest is run by the U.S. Forest Service and has been closed due to the government shutdown, according to the forest website. An outgoing voicemail message by a forest spokesperson said she had been furloughed.

Penaflor, described on the site as an avid hunter with more than 30 years of wilderness experience, had been hunting with a friend when they became separated on Sept. 24, the report said.

After four days of searching by at least 18 agencies, the official search was suspended because searchers could find no clues to his locations and because storms were coming.

On Saturday, 19 days after Penaflor disappeared, the search was resumed — but it was a group of hunters who heard Penaflor's cries for help and eventually found him in a canyon in the 53,887-acre Yuki Wilderness area of the national forest.

He told officials he had walked too far away from the road, fell and hit his head, and was knocked unconscious. When he regained consciousness he was disoriented, surrounded by thick fog in a forest where the temperature dipped to 25 degrees. REUTERS

Penaflor is recovering well, according to social media postings by his son, Jeremy Penaflor. / JEREMY PENAFLOR, TWITTER

Report

"He was able to make a fire and warm himself with leaves and grasses that he packed around his body. ... He was able to kill and eat several squirrels." The report

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Book raises doubts about assassination of JFK probe

The assassination of JFK is portrayed in a scene from the 1973 film "Executive Action." / NATIONAL GENERAL PICTURES, GETTY IMAGES

Clues. Author says new technology sheds light on new theory.

A new book raises doubts about a 1979 congressional probe that concluded President John F. Kennedy's assassination 50 years ago was the result of an undefined conspiracy.

The book, "The Kennedy Half Century" by prominent political science professor Larry Sabato of the University of Virginia, questions the conclusion by the House of Representatives Select Committee on Assassinations that a shot was fired at Kennedy from the so-called "grassy knoll" on Nov. 22, 1963, in Dallas.

Lee Harvey Oswald fired at the Kennedy motorcade from the sixth floor of the Texas School Book Depository overlooking Dealey Plaza. The House conclusion of an undefined conspiracy — with an additional shot from the grassy knoll — was drawn from an acoustical analysis of a Dictabelt recording device that was on a police officer's motorcycle.

The congressional investigators believed the motorcycle was in the Kennedy motorcade and that its Dictabelt recorded four shots. Sabato says new technologically advanced audio research conducted for his book proves the Dallas police motorcycle was not traveling as part of the motorcade at the time the shots were fired. REUTERS

New findings

Sabato writes:

- The motorcycle, driven by officer Willie Price, was about 2 miles away at the time of the shooting.
- Acoustic experts found the sound "impulses" picked up by the Dictabelt that were initially believed to be gunshots could have been motorcycle engine noise.

Caribbean cruise

Six-year-old drowns aboard Carnival ship

A 6-year-old Florida boy drowned over the weekend in a crowded swimming pool during a family getaway aboard a Carnival Cruise ship, authorities said yesterday.

"The boy was apparently playing with his 10-year-old brother in the pool when they suddenly found him at the bottom," said Detective Javier Baez of the Miami-Dade Police Department.

"They attempted to administer CPR, however, unfortunately, they were not successful," Baez said.

He said the drowning occurred on Sunday afternoon, while the Carnival Victory ship was on the last leg of a four-day Caribbean cruise. REUTERS

Employee bathroom

FBI investigating suspected dry ice bomb at LAX

The FBI and law enforcement officials are investigating a suspected dry ice bomb that exploded at Los Angeles International Airport on Sunday evening, officials said.

Police responding to a report of an explosion in an employee bathroom in the airport's Terminal 2 found evidence of a plastic bottle containing dry ice, the Los Angeles Police Department and FBI said in statements.

No one was injured in the explosion, but the terminal was temporarily closed and evacuated.

It was the second high profile location to be hit with an apparent dry ice bomb this year. In May, a similar device exploded at Disneyland, forcing the evacuation of a portion of the park.

The FBI, along with Los Angeles police, airport police, the Transportation Security Administration and other law enforcement agencies are investigating the blast, police said. REUTERS

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Economics. US trio wins Nobel for work in market predictions

Three American scientists won the 2013 economics Nobel prize yesterday for research that has improved the forecasting of long-term asset prices, a hot topic since the collapse of the U.S. housing market bubble prompted a global financial meltdown.

"There is no way to predict the price of stocks and bonds over the next few days or weeks," The Royal Swedish Academy of Sciences said in awarding the 8 million crown ($1.25 million) prize to Eugene Fama, Lars Peter Hansen and Robert Shiller.

"But it is quite possible to foresee the broad course of these prices over longer periods, such as the next three to five years. These findings ... were made and analyzed by this year's laureates," the academy said.

Better understanding of what drives prices over the long term can make markets function better, while failure of investors to recognize when rising asset prices become detached from underlying fundamentals can create bubbles. REUTERS

Modern applications

Peter Englund, member of the prize committee, said their research had deeply influenced modern finance.

- "The most obvious application, that follows on from Fama's research, is the insight that you can't beat the market. It is impossible to prove that equity analysis is worth the money," he said. "That has led to the development of index funds and that most households actually put their savings in index funds."

Ricky Gervais and Netflix Chief Content Officer Ted Sarandos shake hands. Gervais is the star of the Netflix original series, "Derek." / GETTY IMAGES

Netflix views cable options

Netflix Inc.. is discussing with several U.S. cable television operators the inclusion of its streaming video service on their set-top boxes, a source said yesterday, as shares of the video rental company rose 5 percent. Netflix is in talks with companies including Comcast Corp. and Suddenlink Communications. The talks were first reported by the Wall Street Journal. A sticking point in discussions has been the direct connection of the Netflix network to the cable systems — a setup that Netflix believes will offer consumers the best experience. Analysts said such video content deals with cable operators have been anticipated. "I think these things are going to become ubiquitous on television sets of the future," said Morningstar analyst Michael Corty. REUTERS

Facebook 'likes' what it sees

Facebook buys app-maker Onavo

Facebook has agreed to buy start-up app-maker Onavo, the Israeli company said on its website yesterday, without giving any details of the deal.

Facebook is paying between $150 million and $200 million, the Calcalist financial news website said, making it the social media company's biggest acquisition in Israel.

The company, founded three years ago, said that once the transaction closes, Onavo's mobile utility application — which helps people cut mobile phone costs through more efficient use of data — will run as a stand-alone brand.

Onavo has raised $13 million in venture capital, according to Calcalist. Its investors are Sequoia Capital, Magma Venture Partners, Horizons Ventures and Motorola Mobility Ventures. REUTERS

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JOHN MOORE/GETTY IMAGES

FELIX BAUMGARTNER

Forget Usain Bolt; the real fastest man alive shares his story.

COMING DOWN TO EARTH

One year since 8 million people watched his 834 mph jump from the edge of space, risking his life for a live audience, Felix Baumgartner has settled into a more regular lifestyle and is training to become a mountain rescue pilot. We spoke to the Austrian, who said he does not miss the thrill, ahead of a new documentary of the historic leap.

How did you celebrate after the jump?
We went to a steak house in Roswell. There were 25 of us who had been working together and it was very emotional. We couldn't party in Roswell as there's nowhere to go for that, but it carried on back in Austria.

What is your strongest memory of that whole experience?
My fight with [the] suit, because it was so scary and uncomfortable for me that I didn't think I could overcome the feeling. But I worked with a very good therapist for three months and we got through it, and that made me feel like anything was possible.

But you are a global celebrity now — surely that is a game changer?
That is the interesting aspect. I feel like I have done four trips around the world and met many famous and powerful people. James Cameron was one of the most interesting; we talked about his trip to the bottom of the Mariana Trench, and he is so enthusiastic about exploration. I have also discussed space travel for hours at a time with Tom Cruise.

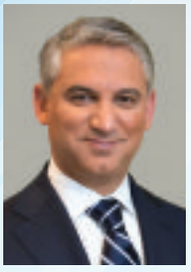
Bonus question

How has the mission changed you?

I don't know if it has because I was always about putting one foot in front of the other and that is still my mentality. I was never a thrill-seeker, just someone who looks for great challenges and works methodically to pass the tests.

KIERON MONKS
kieron.monks@metro.lu

We are pleased to welcome David B. Samadi, MD
to Lenox Hill Hospital as Chair of the Department of Urology and Chief of Robotic Surgery.



Recognized internationally as a pioneer in robotic surgery for prostate cancer, Dr. Samadi brings an innovative approach to the treatment of prostate cancer, prostate health and men's health at North Shore-LIJ Health System's Lenox Hill Prostate Cancer Center.

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Learn more about Dr. Samadi and Lenox Hill Prostate Cancer Center. Visit **lenoxhillhospital.org/roboticoncology.**

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SO WHAT EXACTLY IS INVESTING?

Betterment

JON STEIN

BETTERMENT.COM

Jon Stein is the founder and CEO of Betterment.

The question

Does investing mean buying stocks and getting rich? Do you have to be rich to invest? Can you invest by yourself or do you need a broker?

For such a widespread concept, investing is misunderstood. While we all know the high-stakes side of the financial world (see "Wall Street," the movie), investing for most people is about long-term financial growth and security. That common-sense approach is gaining more traction as companies (like Betterment) are engineering efficient ways for people to enjoy the gains the market can offer (and weather the occasional debt ceiling standoff).

Growth

When you sock away money in a savings account, you're watching your money grow — largely thanks to how much and how often you save (i.e., you're not getting a big boost from accumulating interest because interest rates on most savings accounts are less than 1 percent).

When you invest, however, you're buying securities (stocks, bonds, mutual funds and other products) that enable you to put your money into certain markets and gain a return or profit based on the performance of those securities. That can help your money grow more rapidly than it would in a savings account. If you were to buy, say, Lego stock for $100, and it gained 10 percent, you'd have $110 — a $10 ROI (return on investment).

Risk

But let's say you bought $100 worth of shares of a stock mutual fund — i.e., a basket of stocks from many companies — that was primarily invested in businesses overseas. If those stocks lost 10 percent on average, you'd have $90. A certain amount of risk is part of being in the market.

Your risk tolerance is pretty much what it sounds like: It's how much risk you're willing to take on, given possible returns. You can minimize some risk by diversifying your portfolio. So you wouldn't invest only in an overseas fund; you'd include one from the U.S., and a bond mutual fund, etc.

Long-term planning

Plus, the reality is — despite the famous stock market crash in the 1980s, the tech bubble bursting in 2000-01, the recession that began in 2008 — investing in the market for the long haul (10, 20 years or more) will typically help to grow your money, despite the risk involved. If you invested $100 every month in a well-diversified portfolio that gave you a 5 percent return, on average, each year, it would grow to about $148,856.50 over 40 years. If you kept that money in a checking account, earning 0 percent interest in most cases, you'd end up with about $40,000.

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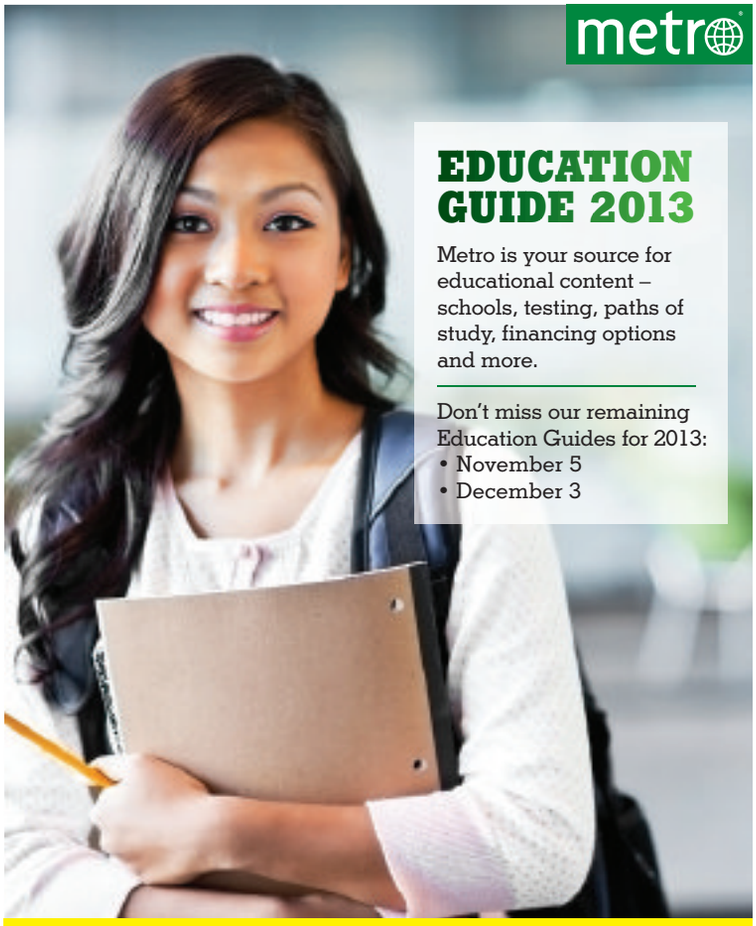
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Upon becoming a New York City Computer Science teacher, Uzma Harris realized that there was still much to learn. She enrolled in Touro College's Graduate School of Technology (GST), a small school in the Flatiron District of Manhattan, and by the time she earned her Master's degree in 2011, she not only filled the gaps, but also developed new expertise.

"Classes were relevant, involving programming, online teaching and instructional design" she said. "I used that knowledge to teach an entire programming unit."

Harris added, "Robert Grosberg, Director of Career Services, provided invaluable advice. He fine-tuned my resume to where it really showcased my skills and knowledge, and enabled me to also secure part-time employment with a tutoring company."

"There is a huge advantage attending a school that is intimate enough to provide individual support," she said. "You don't simply feel like another student or a statistic."

Chava Drummond unexpectedly chose a career in education. As a Touro College undergraduate, majoring in Desktop Publishing, Drummond tutored a classmate in web design and discovered a love for teaching. After receiving her Bachelor's degree, Drummond earned a Master's degree in Web and Multimedia Design in 2012 from GST. "I was then hired as a community college adjunct faculty member. Not only did GST allow me to fulfill my college teaching dream, but I am a better teacher from having been a student there."

Drummond also works as a freelance designer. "Through the advance skills I learned at GST, and because of the projects that I completed in designing websites, publishing an eBook, and creating animations and videos, I've built up a strong portfolio and am involved in design areas that I had never previously encountered or thought that I would enjoy."

"All students were encouraged to take advantage of the Career Services Department," Drummond added.

"I was impressed with how much was offered, including video-recorded practice interviews, which taught me how to better present myself.

GST, whose student body has steadily grown since its inception in 2006, provides a Master's degree in computer networking, database administration, technology leadership, web and application development, web and multimedia design and development, and teaching technology in classrooms.

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Inside the furry suit: Swoop, of Post University

Swoop spreads his wings with fellow Post University Eagles. / PROVIDED

Birdbrain. The 7-foot eagle loves raising money for charity, but not everybody is a fan.

Swoop is a common name for fierce, winged mascots. Professional teams like the Philly Eagles and several colleges nationwide (including Miami University in Ohio and the University of Utah) have a "Swoop" on the field getting the crowds riled up. So what sets Swoop the Post University eagle apart? We decided to find out by talking to Bob Sembiante, communications associate at the school and one of the many people who navigate the world looking through the mesh neck of Swoop's costume.

What has Swoop been up to lately?
Every year we do a United Way campaign on campus for our faculty and staff to contribute. So, Swoop has just finished up his visits to all of the offices, encouraging people to come out and pledge. The employees love when Swoop comes through. We get tons of photos taken. It's exciting for them to see them. You don't expect a seven-foot-tall eagle to come walking through your office every day.

But most of Swoop's duties are on the athletic field, right?
Yes, on a more regular basis he appears at football, basketball and other sports games. He was a big draw this year because Post University just had its first home sprint football games on our new field. Sprint football is different from regular football because there's a weight limit: 172 pounds. It makes for a faster game, but the main difference is that all the rest of Post teams are NCAA Division II. Sprint football allows you to have a football team without being in the NCAA division.

You're not the only "Swoop" around. How do you feel about that?
From what I understand, the name came from a contest held years ago. I will just say that we're the best Swoop there is. As far as we are concerned, there is no other Swoop.

What is your sage advice to student volunteers looking to step into the costume?
I tell them to be 100 percent enthusiastic at all times, and to drink lots of water beforehand because the suit is hot. The biggest thing is if I see that a person is physically fit and enthusiastic and can jump and move and have fun, we're willing to put them in the suit and give it a try. Students love it — [one] just told me he was interested, but he's 6-foot-2 so he can't fit in the suit.

What's the craziest thing you've done in the Swoop costume?
One time I had to drive from one part of the campus to the other in the costume and I was completely nervous, but nothing happened.

JULIA FURLAN
julia.furlan@metro.us

Creeped out

Fear of the furry suit

The biggest thing is that people do get scared, and it's mostly adults. You have to know when to back up a little bit and wave hello and make a wide circle around them. I went up to this woman and asked if she was OK and she said she really hates costume characters. With kids, too. They can be very sensitive to these things. So, when I see a kid who is frightened I get down on my knee and see eye-to-eye and shake their hand.

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Meet Christina Woo, a Hospitality Management graduate from a prestigious New York university. Despite obtaining a well-recognized, much-admired degree, Ms. Woo realized she needed real, tangible skills that would qualify her to begin a dream career in Health Information Technology. She knew that returning to the large university where she was just another student in the crowd just wouldn't do it.

"On a big campus, you can lose yourself and fall behind in your studies. This time, I wanted to try to attend a smaller college and compare my experiences." Now, thanks to her degree from Plaza College, Ms. Woo is finally fulfilling her dreams of working in a valuable role within the healthcare industry.

"I have applied everything I learned at Plaza College to my current position. The skills I acquired in billing and coding, medical terminology, virtual labs, and insurance reimbursement have helped me excel to no end. Plaza College prepared me, and I was able to jump into my position and not be afraid of anything." In addition to thriving in her job, Ms. Woo will be returning to Plaza College in January 2014 to obtain her BBA in Patient Information Management.

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1) http://www.bls.gov/ooh/Healthcare/Medical-records-and-health-information-technicians.htm

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7 E F M R

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Albert Brooks is suspicious, Hugh Grant is not a fan of the mayor of London and Anna Kendrick is seeking fashion advice.

@AlbertBrooks: I wonder how many people in Congress are getting rich by shorting the stock market.

@HackedOffHugh: Apropos of nothing - Boris is paid £250,000 a year by Channel Islands resident twins, is chum of Murdoch and would like to be Tory leader.

@AnnaKendrick47: It's cool if I wear my bathrobe to work right? (I have shoes on; I'm a professional)

BIEBER BRAWL

This Twitter war currently being waged between Beliebers worldwide and DJ Michael Woods is freaking killing me — in a good way. Apparently last Saturday Justin "Can't Make Me Wear a Shirt, I'm an Adult" Bieber got into a fight with Woods, who was deejaying a party at a South Korean nightclub. The reason for the fight? Biebs didn't like the music Woods was playing. That's not the funny part though. The funny part is the tweet that Woods sent out after said kerfuffle, which reads as follows: "Story is @justinbieber + his army of heavy security muscled in to the booth half way thru my set in S. Korea demanding hip hop..."

Ha-ha. Justin Bieber — "muscled," "into the booth." Justin Bieber couldn't muscle his way into Garanimals.

What I'm guessing happened is that Bieber rode into the booth high upon the shoulders of heavily muscled bodyguards, waving his sippy cup like a scepter, petulantly demanding rap music.

And I'm guessing Woods was all, "Uh, grown folk are working here; please exit my booth. Also, where is your shirt?"

(Woods also tweeted: "So when I told @justinbieber to f— off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security.")

I'm dying. Bieber "fled," "behind a wall," "of security." Also, I think this DJ Woods, who I did not know existed until now, might be my new favorite person. Dude's funny.

At this point, I'm just curious as to why Justin Bieber is still allowed to go to things and places. Seems like no night is a good night when Bieber is in attendance.

See more at www.metro.us

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO
@AlexCavallo
alexandra.cavallo@metro.us

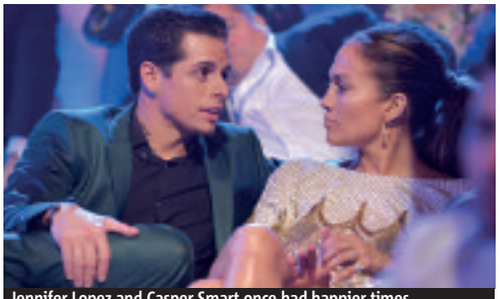
Is Lopez now J. aLOne?

Yesterday we wrote that a bunch of celebs got married. Nice for them, but not everyone is so lucky.

According to a "source" — who are these "sources?" Why must they not be named? Where do they get their intel? — Jennifer Lopez and adopted son (ahem, boyfriend) Casper Smart are probably headed for a breakup.

Oh man, no way! If this middle-aged diva and her 25-year-old boy toy can't make it work, who can? This is a bigger bummer than the time I accidentally watched "Gigli." (Are "Gigli" jokes outdated? They are. Sorry, guys; it's Monday. (Insert a "Jenny from the Block" joke here.)

Anyway, J. Lo can no longer deny the truth, which I guess is that she should find someone to date who wasn't still getting the hang of object permanence while she was gearing up for her gig on "In Living Color." Sorry to hear that though. "Love Don't Cost a Thing," but sometimes it's also a real kick in the nuts. #nodisrespecttoshialabeouf



Jennifer Lopez and Casper Smart once had happier times.
ALL PHOTOS GETTY IMAGES

Shia LaBeouf's nutty night out

If you were walking down the street and saw a young woman throwing up would you (a) give her a wide berth, (b) stop and ask if she was OK or (c) take out your cell phone and film her so you could send Snapchat videos to all your bros?

If you picked (a) — hey, you're just like me! I don't mess with vomit. Just typing out the word "vomit" made me almost puke in my mouth. If you picked (b) — hey, you're a really good person! A better one than me. If you picked (c), however — hey, you're a d-bag! And also you're Shia LaBeouf.

Because, according to the Daily Mail, that's what happened when LaBeouf came across a woman tossing her cookies in London.

But no dick deed goes unpunished. When LaBeouf refused to stop filming her — despite very reasonable plea to cease and desist and, also, screw off — he got kicked in the nuts by a passerby.

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Genre-hopping

Film. Abigail Breslin relishes the chance to do horror, her favorite genre, in "Haunter."

See more at www.metro.us

Breslin plays a dead teen opposite Eleanor Zichy in "Haunter." / STEVE WILKIE

Abigail Breslin has been acting since she was 6, and has spent those 11 years working in nearly every genre. But the "Little Miss Sunshine" Oscar nominee says has a favorite, at least to watch. "I'm a huge horror movie junkie," she says, rattling off some of her favorites, from classics like "The Shining" and the original "The Evil Dead" to newbies like "The Conjuring." "I love things that make you a little bit terrified to be alone," she says, laughing.

It was inevitable that she would wind up in one herself. "I've always wanted to do something in the genre, but I wanted to find the right thing, that was scary but smart and clever." (By the way, technically "Signs," her debut, was an alien invasion picture and "Zombieland" is more comedy than horror.)

That film wound up being "Haunter," which hits VOD on Friday. Made by "Cube" and "Splice" director Vincenzo Natali — who knows a thing or two about being smart and clever, as well as funny — it's a ghost story that starts where something like "The Others" leaves off. Breslin plays Lisa, a teenager who was killed along with the rest of her family. They live a "Groundhog Day"-style existence, reliving their final day every day, but only Lisa has come to realize she's dead.

"When I read this I thought it was so interesting and complicated," Breslin says. "There was a real story behind it and real emotional life of the characters. And it was kind of hard to follow, which is always fun in a horror movie." Indeed, the twisty film, which also has elements of dark comedy and even sci-fi, finds Lisa trying to stop the demon who murdered her (played by Stephen McHattie) from killing another family.

But she was most drawn to the character. "I saw her as a kind of typical teenage girl — apart form the fact that she's dead — who would be annoyed at everything. It's sad in a way. There's a real sadness to the character."

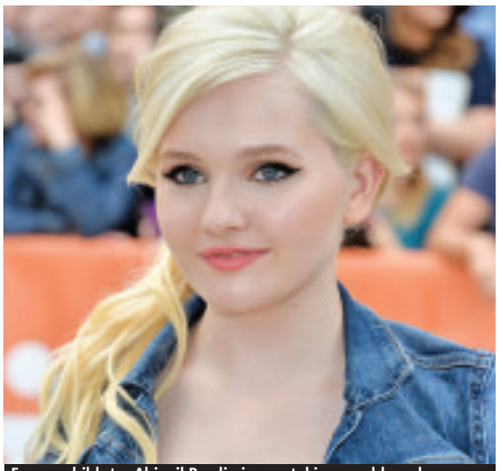
Breslin spends a lot of the film alone, and the film creates a sense of extreme isolation. Shooting at night — usually from early evening to first thing in the morning — helped get her in the mood. "We were in a studio the whole shoot," she recalls. "We didn't even see the light of day most of the time. It was a weird, weird feeling. The only time I'd see people was when I'd go to Starbucks for lunch."

This also means she was often acting by herself. "I was working mostly alone," she says. "I would get the call sheet the next day and sometimes there would be one other name on the call sheet. I'd go, 'Yes I get to work with a person!'"

Quoted

"I saw her as a kind of typical teenage girl — apart form the fact that she's dead — who would be annoyed at everything. It's sad in a way. There's a real sadness to the character."

Breslin, on her character Lisa in "Haunter"



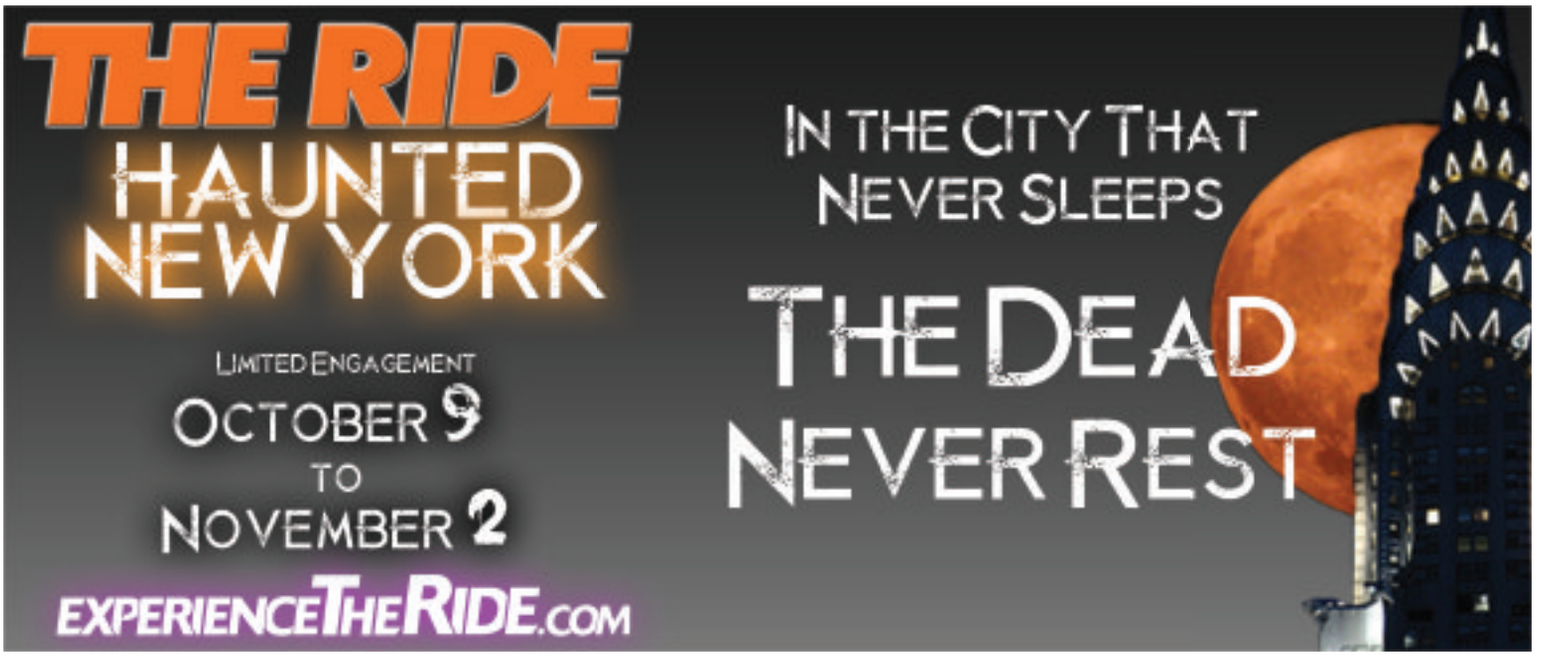
Former child star Abigail Breslin is now taking on older roles. GETTY IMAGES

MATT PRIGGE
matt.prigge@metro.us

Back in time

We love the '80s

Breslin's character was killed in 1986, meaning she has to live the '80s in perpetuity. What did she think of a decade she missed by at least six years? "The clothing was just … terrible. Absolutely wretched," she says. She did get to learn about the pain of working a Rubik's Cube. "I spent so long trying to figure out how I could actually do it."



Who will play Christian Grey?

Charlie Hunnam has stepped down from starring in the "Fifty Shades of Grey" movie. Here are six studs to replace him. **METRO WORLD NEWS**

Alexander Skarsgard

The "True Blood" star has the right look, what with his sexy vampire eyes. He's also intimidatingly tall. Says Kerry Gooderson on Twitter: "Haven't even read 50 shades but [if] Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Perhaps the studio should go with another bloodsucker, this time from "The Vampire Diaries." Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!!"

Matt Bomer

The star of "White Collar" has gotten some shout-outs as well. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on "Chicago Fire." Maybe Gags can let the rest of us enjoy him? Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

"American Psycho" author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen, who starred in his film "The Canyons.")

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. He's too much of a serious thespian to throw himself toward E.L. James BDSM movies. Now, and more importantly, who's gonna replace the film's other star, Dakota Johnson?

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TV watch list

SPECIAL

‘Superheroes: A Never-Ending Battle’

Hey, nerds, this one’s for you. This special, narrated by Liev Schreiber, explores the evolution of comic book superheroes from the Great Depression through modern times. At three hours, it’s a commitment, but you don’t have anything better to do anyway, right?
8 P.M., PBS

Jon Lovitz is still acting! / RAY MICKSHAW, FOX

COMEDY

‘New Girl’

Jon Lovitz guest stars as a Rabbi who Schmidt turns to in a search for the meaning of life. When was the last time Jon Lovitz was in anything? Thinking about Jon Lovitz makes us want to watch “A League of Their Own.” **9 P.M., FOX**

REALITY

‘The Real Husbands of Hollywood’

The fact that this show is in its second season is unbelievable — mostly because it’s unbelievable that these dudes agreed to do it again. Is this not the most emasculating title of a show, ever? Spoiler alert: Robin Thicke is no longer on this show, probably because Robin Thicke has a career now. **SEASON PREMIERE, 10 P.M., BET**

REALITY

‘Criss Angel BeLIEve’

This is a new show starring super weirdo Criss Angel, in which he performs magical feats. In the opener, he performs one for Ludacris. That should be pretty funny.
SERIES PREMIERE, 10 P.M., SPIKE
ALEXANDRA CAVALLO

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MARISHA PESSL
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Marisha Pessl's

Thriller. The lit wunderkind's new novel is nothing like her debut — and she wouldn't have it any other way.

In 2006, Marisha Pessl's knockout debut, "Special Topics in Calamity Physics," landed the then-27-year-old a six-figure book deal, making her the talk of the literary world. Since then, she's toured extensively for the book — a can't-put-it-down, coming-of-age story about a brilliant teen who uncovers a tragic secret — and took some time to recharge. She also shot a few short films thanks to a class at the New York Film Academy. Now, seven years later, the author has released a follow-up: "Night Film" — a shadowy thriller following the murder of a reclusive horror filmmaker's daughter. And if you are the type of fan who trolled websites in search of discussions about "Special Topics" protagonist Blue van Meer (guilty!), you'll be happy to know that "Night Film" has an interactive online component, complete with its own app. Obsess away.

Readers had such a strong affinity to Blue van Meer. Any chance you'll revisit the character?
Funnily enough, some of the characters in "Special Topics" make really brief Hitchcock-style cameos within "Night Film." But it's really just the extreme fans who will recognize that. I like the idea of a fictitious world that continues between books. So be on the lookout for some tortoise-shell glasses.

You've said a Moleskine notebook is your bible, which is very lo-fi, considering that "Night Film" has an online component. So are you a tech junkie?
I am to some extent. "Night Film" has multi-platform elements [and] I wrote five short films, which we have online for people who search for Stanislas Cordova [the filmmaker]. But I'm also traditional in that I think the centerpiece needs to be a book and that warrants no interruption with technology. So ideally people will read "Night Film" and then afterwards that's when they'll explore the app. And I still prefer hardcover books and paperbacks. I can't read a novel on any kind of tablet. I like to feel a book in my hand and I like to be able to fold a corner down. Also, when I read a book on an iPad I don't actually feel I've read it. It doesn't permeate my being.

How much pressure was there to follow up such a massive hit like "Special Topics?"
I think the pressure was on myself. Any kind of anxiety I had was simply because I had taken so much time off. By the time I sat down to write

Quoted

"I like to scale a new mountain that I've never scaled before and that exploration is my favorite part of being a writer." Pessl

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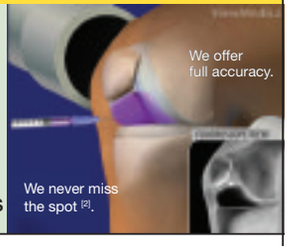

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career manifesto

"Night Film" I was completely out of shape when it came to writing a novel. But I've since taken on a longer term view, which I think I thought of as a way not to feel stressed out about what I was doing, but now I've actually come to believe it. All the writers that I love and respect, they are career writers. At some point in any kind of career, if you're continuing to creatively challenge yourself, there are going to be things that are immensely popular and there are going to be things that people don't understand. But with each attempt the writer is pushing him or herself and trying to get to the bottom of some central truth. I started taking that view, that I have to write what is compelling to me. Certainly I don't want to disappoint my fans, but you can't repeat yourself creatively. At least I don't want to. I want to always challenge myself and see what else is out there. ... It's very freeing.

TINA CHADHA
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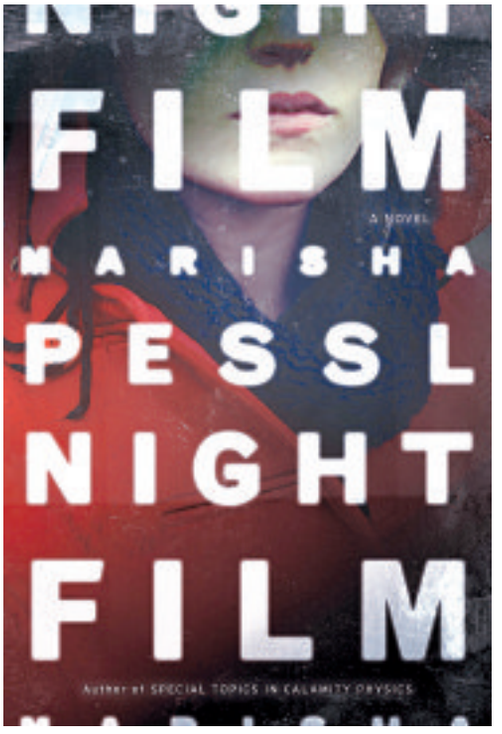

On her list

What are some books you're reading?
I'm halfway through "The Cuckoo's Calling," which I'm enjoying quite a bit. I'm also reading "Proof of Heaven" by Eben Alexander, the neurosurgeon who had a near-death experience and he's trying to explicate what happened to him. And a friend just gave me "The Pillars of the Earth," which I'm about to start.

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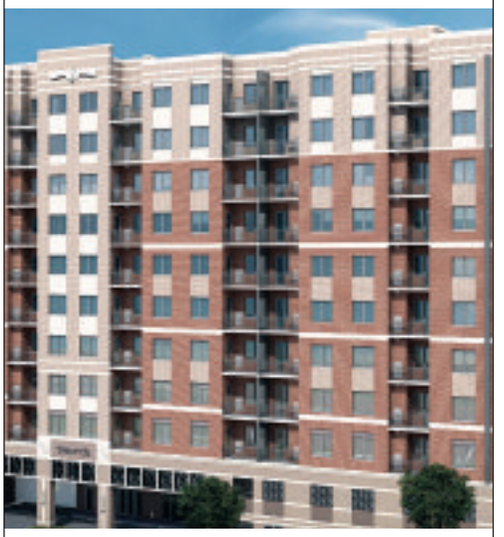

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SAVAGES

Four London women put it all on the page — and then onstage.

'SILENCE YOURSELF' AND LISTEN UP TO THIS MANIFESTO

Savages are four London women whose punctuated attack on every song is every bit as vicious and thrilling as their name implies. Gemma Thompson plays guitar like she's the runaway teenage daughter of The Edge. Yes, she learned a lot from her old man, but she's still rebelling against him with the way she draws abrasive and occasionally atonal sounds out of the instrument. Singer Jehnny Beth has an unmistakably angry howl, as she flails about like every convulsion is choreographed to the beats of drummer Fay Milton, who just wails on her kit. Holding down all the chaos is bassist Ayse Hassan, who closes her eyes and lets the beat course through her.

The band's debut, "Silence Yourself" feels like a tightly coiled musical manifesto of sexual politics and visions of a dystopian future. Beth says the actual manifestos her band posts online are as important as the music.

"I sometimes have the feeling that writing manifestos can be perceived as too 'serious,'" she says. "For me, it's just that I find it difficult to work without purpose. I constantly ask myself, 'Why am I doing this?' or 'What am I trying to achieve here?' ... simply because otherwise I get bored. I find myself far more excited when I enter a rehearsal studio after I've set myself a set of goals."

There's a lot about your approach that invokes fear about where humanity is heading. (One of the first lines a listener will hear on your debut is that "the world's a dead, sorry hole.") At what point did you realize this sort of unsettling feeling would be a thematic element to what Savages are all about?

Fear is one of the main characteristics of human behavior. You can explain a lot of things when you understand how much fear controls in lots of different ways what people think and how they behave. If someone is angry, it is probably because he or she is scared. Learning how to control fear is one first step toward emancipation. When we started Savages, Gemma and I were talking about trying to find a sonic representation of dystopian ideas about humanity and its environment.

One manifesto of note is the one you post outside your shows, discouraging people from tweeting, photographing, etc. Are you seeing less phone glow from the crowd?

Yes. Since we've put the signs up I barely see any iPhones in the crowd during the performances. I think people are dying for these kinds of things to stop happening, but it's easier to do it as a group than on your own. It instantly changed the gigs. People started dancing; we have mosh pits now. It's not like we are telling anyone off for not respecting the rules. These are no rules; they are only guidance.

What was the worst instance of people not paying attention to what was going on up onstage because their noses were in their phones?

There weren't any. It is not the end of the world. It's just so much better without it and we know it. ... We use phones, laptops, digital stuff every day. We just think that a rock 'n' roll gig is not the place to use them. You shouldn't allow anything to alter your primal experience of music. I mean, when you go to see a film, would you take a picture of the screen?

If you go

CMJ 411

Savages' NYC gig tomorrow night is part of the CMJ Music Marathon, where the band made their U.S. debut last year at decidedly smaller venues. Matt McDonald, who is CMJ's showcase director, says to see their success unfold over the past year has been heartening. Savages went from playing a venue that has a capacity of 250 people to one that holds about 3,000.

"Savages coming back after a year is one of those interesting stories," says McDonald, "just thinking about how they did Mercury Lounge last year and now they're doing Terminal 5."

Visit us online to read our full interview with McDonald, and look for more CMJ coverage coming up this week. The CMJ Music Marathon runs from today through Saturday.

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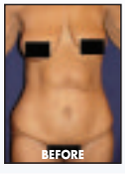

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Seriously speaking

You mention being perceived as too serious. How serious are you when you're not making music that is, well, serious?
We love what we do; we love music. We don't take ourselves seriously but we take music seriously. We believe it has a greater purpose than most people use it for these days, but that doesn't mean you have to kill the fun.

Interview. Alan Rickman talks about delving into 'CBGB'

Alan Rickman was in his 30s — and in England — when the punk and new wave scene broke at the legendary downtown New York City club CBGB.

"I was very unaware of it, I'm afraid," he says, with his patented dry drawl, every word sounding like it's working its way slowly through his mouth. "I was aware of the Sex Pistols. I wasn't listening to it particularly. But you couldn't actually avoid it. It was insisting on being heard."

Regardless, he's the star of "CBGB," a biopic about the venue, in which the "Die Hard" and "Harry Potter" film stealer plays its owner, the legendary Hilly Kristal.

"It's all been an education to me," he admits. Even before he shot the film, he wasn't all that aware of the major acts — Television, the Ramones, Patti Smith — that caught their break there. Even now he's no major convert. "I'd be more on the Talking Heads side than the Dead Boys side," he says, referring to the punk band that comes to dominate the film's second half. "While we were shooting it though, I could see the appeal."

His ignorance, however, put him in an ideal position to play Kristal, who opened CBGB intending to book country, bluegrass and blues (those genres' initials form the venue's name). He slowly came around to other bands, becoming the first major benefactor to many of them.

He said he used the many books and documentaries on CBGB to prepare for Kristal, who died in 2007. "I observed somebody who seemed to have a very calm and strong inner life," Rickman reveals.

In the film, as he was in life, Kristal is the still, often sour center of a very loud storm. "The thing about him is he receives a lot of influences. He's not pushing his energy out — he's accepting energy from other people," he says. "He was kind of a homing device to some fairly anguished experimental souls at the time. In footage you see him walking calmly through the club. It's a strong, still energy. It must have been reassuring, I'd think."

Because of timing, he says it was odd shooting "CBGB." While making it, he was prepping for "Lee Daniels' The Butler," in which he plays the 40th U.S. president. "My head was a bit inhabited by Ronald Reagan. Bit strange," he says, chuckling. He was also prepping for a film about Louis XIV. "I have no idea where those three people came from in the plan of things."

MATT PRIGGE

Crown royal

Snape directs

Rickman finished directing "A Little Chaos," in which he plays Louis XIV. He's not crazy about directing himself. "You answer to nobody. You're hoping there are enough cameras pointing in enough directions that you get away with something."

Alan Rickman plays club owner Hilly Kristal in the biopic "CBGB."
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Foliage. Take advantage of all that the city doesn't have to offer with these autumnal packages.

The Northeast is known as a destination for leaf peepers and this year's temperate weather should lead to a spectacular 2013 fall foliage season. Still, when Mother Nature's at work nothing is certain, and timing is crucial. By Halloween's end, it's all but a beautiful, colorful memory. Check out these seasonal offerings to see the foliage at its finest.

Maine

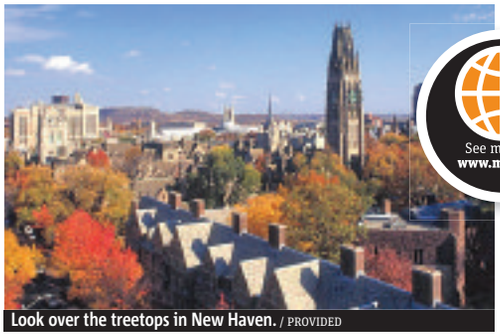
There are many ways to leaf peep, but the folks at Kennebunkport's **Hidden Pond** recommend lying down. The resort's unique spa features individual tree houses as treatment rooms. Hidden Pond is part of the Kennebunkport Resort Collection, which includes several inns and resorts, all offering a "three for two" deal this fall with a three-night stay for the price of two. ***Rates: From $169 at the Kennebunkport Inn to $564 at Hidden Pond, 800-573-7186, www.kennebunkportresortcollection.com.***

Vermont

After a day of hiking or biking, get a taste of fall at the recently opened **Hotel Vermont** in Burlington, whose seasonal cocktails blend Vermont Gold vodka, maple syrup and apple cider. Sip and take it easy on the outdoor terrace, which has a cozy fire pit, and take in the scenery of Lake Champlain and the Adirondack Mountains. By day, this eco-friendly hotel offers complimentary bike rentals. ***Rates: From $229, 802-881-0173, www.hotelvt.com.***

Massachusetts

Enjoy the Berkshires from Mount Greylock — the state's highest peak — in the north part of the state, to Colonial Stockbridge further south. The "Berkshires from Top to Bottom" package begins in North Adams at **Porches Inn** and ends at the quaint **Red Lion Inn** in Stockbridge. The package includes overnight accommodations at each inn and breakfast each morning. The rest is up to you as you hike peaks or drive through leafy lanes. Don't miss dinner at the Red Lion's acclaimed farm-to-table restaurant. ***Rates: From $530, 413-664-0400, www.porches.com.***



Look over the treetops in New Haven. / PROVIDED

One more

New Hampshire

The Omni Mount Washington's **Bretton Woods Canopy Tour** offers a bird's (or squirrel's) eye view of fall foliage. Zip-line through a maze of gigantic hemlocks ablaze with color. Nearby, during a three-hour ride, Mount Washington's 150-year-old **Cog Railway** climbs 6,288 feet to the summit of Mount Washington for panoramic views of New Hampshire, Maine and Vermont. A little farther south, the Conway Scenic Railroad's **Notch Train** — which serves dinner too — takes a five-hour trip through the White Mountains' often-rugged beauty. ***Omni Mount Washington rates: From $229, 603-278-1000, www.omnihotels.com. Cog Railway: $39, 603-278-5404, www.thecog.com. Notch Train: $52, 800-232-5251, www.conwayscenic.com.***

New York

There's more to Cooperstown than baseball. There's wonderful fall hiking at Glimmerglass State Park, apple picking at local orchards and beer sampling at the Belgian-style Brewery Ommegang. Situated between the Catskills and the Central Leatherstocking region, the 104-year-old lakefront **Otesaga Resort Hotel**'s Fall Getaway package includes breakfast, resort amenities like access to the pool and tennis court, plus museum tickets. ***Rates: From $239, 800-348-6222, www.otesaga.com.***

Connecticut

Trek from leafy New Haven Green to the intense foliage of Sleeping Giant State Park in Hamden, a half-hour's drive away. The Sleeping Giant, or Mount Carmel, thus named because of its resemblance to a person sleeping, has a variety of trails, including the Tower Trail, which leads to the observation tower. Take in southern New England fall foliage and take in the town with **The Study at Yale**'s Repertory Package. ***Rates: From $269, 203-503-3900, www.studyatyale.com.***

LINDA CLARKE
letters@metro.us

Cooperstown isn't all baseball. / PROVIDED

PLUS

See it right

Leaf peeping tips

About.com's Kim Knox Beckius, author of "Backroads of New York" and "Backroads of New England," gave us tips on getting the best out of leaf peeping. "My gut feeling is that this will be the best season in the last three or four years," she says.

1 Don't use your iPhone. "Take a real camera. This is one time not to think the cell phone will do. You will want to capture that panoramic backdrop."

2 Explore. "Get off the highways and don't count on having somewhere to stop for lunch. Be prepared for a day with snacks and water."

3 Suit up. "The weather can be anything, so dress in layers."

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Doolittle's favorite beauty products

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Creme PS, $53, Yonka.com

Kevyn Aucoin

Celestial Bronzing Veil, $48, Beauty.com

Clinique

Chubby Stick intense moisturizing lip color balm, $17, Clinique.com

ELIZA DOOLITTLE

The singer's no longer the summer soundtrack to a tween birthday. She explains why her soulful sound, like her style, has taken a darker turn.

'MY RULE IS NO NIPPLES, NO NUNNY'

Eliza Doolittle's track "Big When I Was Little" would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colors and denim cutoffs in favor of something akin to a Nirvana-listening grunge groupie. She's wearing ripped jeans slung low below her hips, revealing a familiar flash of flesh, with a non-descript dark top and scuffed Pumas. The 25-year-old Londoner tells us about her sophomore album "In Your Hands" (out now), post-breakup blues and why her look makes

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her feel liberated.

You're a big fan of small clothes and flashing a little bit of skin. Do you shrink your clothes or shop in the kid's section?
[Laughs] I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kid's T-shirt look.

You were at the Henry Holland show. What do you like about him?
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print that's gone crazy.

Normally you're in bright colors. Do you ever just want to be inconspicuous and wear black?
I actually haven't been wearing as many colors as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips.

When did you decide to start flashing a bit of flesh?
It wasn't a decision and I don't really think I flash that much. My rule is no nipples, no nunny.

Well that kind of kills my next question, but are you ever worried about being branded slutty?
No, I think I'm more of a free spirit. If I cover up too much it doesn't feel right.

Is it kind of liberating, like being naked?
Yeah, it's liberating and it really is just a comfort thing for me — I don't think I'm overtly sexual in the way I dress. If I were covering up all the time, it wouldn't express who I am.

While we're speaking of expression, is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I finish a song, I play it out loud — it's the best thing I've ever felt. Better than love, I think. ... Sometimes I can tell when I'm writing catchy melodies and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

RICHARD PECKETT
richard.peckett@metro.lu

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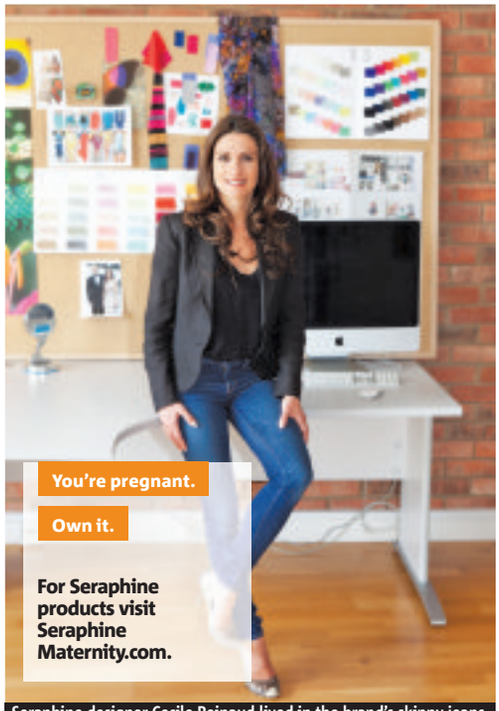
Maternity wear must-haves

Shopping. The key pieces every mom-to-be needs in her wardrobe.

You're pregnant, yay! But after your first trimester, even your slightly baggy jeans — the ones you save for bloated days — don't fit anymore. And although you don't want to buy a whole new maternity wardrobe (it's just for a few months, right?) it's gotten to the point where you need some bigger, comfier and, well, stylish looks. Enter Cecile Reinaud, founder and designer of chic and affordable award-winning maternity label Seraphine — which counts celebs such as Halle Berry, Angelina Jolie and Kate Middleton as fans. The Paris native tells us the key items that will get us though nine months of body changes looking and feeling our best.



Seraphine designer Cecile Reinaud lived in the brand's skinny jeans and tunics during her pregnancy. / PROVIDED

Reinaud's styling tips for expecting moms

Work accessories

"Accessories help to keep your fashion edge," she says. "Quite a few women become less adventurous with colors; they just feel, 'Oh, I look big, I'm just going to put black on.' This is fine, but think about adding some color with tights, a scarf, a nice cardigan. That will make you a lot more fashion-forward and also glow a little bit more. Belts are great too. You can belt your empire line — and belts under the belly are super cute to highlight the belly. Wearing bigger, bolder jewelry as well is brilliant in terms of creating a really good-looking outfit."

Layer

"When you're pregnant your body temperature fluctuates quite a lot, so you can feel hot one minute and then cold," the designer continues. "So layering has a function, and it can create an interesting silhouette. You can create more asymmetric looks with the layers, which is very flattering to the pregnant figure."

Leopard print scarf, $50
PROVIDED

Still dress up

"For special events it's all about picking a great fabric," Reinaud says. "We use a lot of silk and light French lace in our [more formal] Luxe Collection. You want to move away from the classic jersey look, which is very good for daywear. For something more special, silk is my fabric of choice because it's really fluid — it contours your curves without hugging them too much or creating any tent effect. I would also look for something that really highlights your empire line, which is the thinnest part of your torso. It's very flattering and it enhances your bump as well."

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What to expect. Skin care tips for new moms

Your outfits aren't the only things that need revamping. Your growing body will experience new issues including itchy skin and (fear!) stretch marks. And certain ingredients like your trusty retinol cream are now off-limits. Dermatologist Debra Jaliman, author of "Skin Rules," lets you in on your new skin care routine.

What are some of the biggest skin issues for pregnant women?
One of the biggest issues is melasma, when pregnant women get brown discoloration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying — instead, pat the skin dry gently. Many pregnant women get broken blood vessels and red cherry angiomas from the elevation in estrogen levels. These may subside after the pregnancy, but if they don't they're easily treated with a laser.

Are there any products to avoid?
Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide.

What types of products help combat pregnant skin issues?
AzaClear is one of the few products that can be used during pregnancy and breast-feeding for melasma. Over-the-counter hydrocortisone cream can be used for itching. Aveeno Positively Ageless Firming Body Lotion is a great product to use after pregnancy to improve skin firmness and elasticity.

TINA CHADHA

Great buy

We love products by award-winning pregnancy skin care brand Mama Mio. Its best-selling Tummy Rub Stretch Mark Butter is a thick shea butter cream packed with natural oils like wheat germ oil, sweet almond oil and borage oil. It soothes dry itchy skin on your tummy, boobs and hips — and increases your skin's elasticity. **$35, www.mamamio.com**

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The must-haves

Jeans

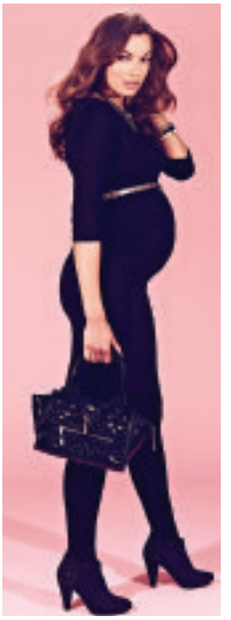
"I would first recommend a great pair of denim that really looks like the style you liked pre-pregnancy," says Reinaud. So if you were a skinny-jeans type of girl, she says, stick with that fit. "Find something where you really feel the same as pre-pregnancy."
Indigo slim fit maternity jeans, $89

Leggings

"A good pair of leggings is a must," stresses Reinaud. "They're really cozy, especially going into the winter season." But the designer says don't go for non-maternity ones. "They'll drive you mad," says Reinaud. "They'll keep going down the crotch. It's not attractive pulling them up all the time. So choose something that is really designed for maternity wear — it goes above your belly and really stays up."
Seamless maternity leggings, $28

LBD

"You need a very good little black dress," says Reinaud. "You want something that can be versatile, that you can dress up or down." One of Seraphine's hero items is its shift dress, a little black dress that fits close to the body but isn't too tight. "You can accessorize it with belts to enhance your empire line, says Reinaud. "It's really a dress that can take you from the office to an evening dinner. Or if you want to go shopping, just pair it with flat boots."
Black shift dress, $69



See more at www.metro.us

A Kate Middleton fave

The royal deal

The Duchess of Cambridge wore several Seraphine dresses during her pregnancy, including the fuchsia knot front dress ($79) seen in the royal family's first official photo.

TINA CHADHA
tina.chadha@metro.us

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Your quick assessment of a situation will prove that you are capable of more.

♏ Scorpio | Oct. 23-Nov. 21. Mull over your ideas, and don't walk away until you have put your plans in motion. If you are determined, no one will stand between you and your destination.

♐ Sagittarius | Nov. 22-Dec. 21. Keeping things on track will not be easy. You'll face interference if you try to avoid an emotional situation. Precise documentation will lead to a positive change.

♑ Capricorn | Dec. 22-Jan 20. Serious talks will help you clarify what you want to achieve and the best way to go about doing so.

♒ Aquarius | Jan. 21-Feb 18. Someone may try to teach you a lesson. Listen, but don't be afraid to make different changes based on what works best for you.

♓ Pisces | Feb. 19-March 20. Your expressive way of sharing information will work to your advantage. A chance to engage in a profitable endeavor will also open up doors to worthwhile connections.

♈ Aries | March 21-April 20. Make personal changes and sort through your financial matters. There are ways to adjust your budget while enhancing your life.

♉ Taurus | April 21-May 21. Don't wait around for others to take control of a situation that you know you can handle. The rewards will come from an unusual source.

♊ Gemini | May 22-June 20. Refuse to get involved in gossip. Keep the peace at home and look for alternative ways to use your skills and increase your earnings.

♋ Cancer | June 21-July 22. Broaden your view by engaging in different events. A lifestyle change will motivate you to revisit something from your past.

♌ Leo | July 23-Aug. 22. Respond to an ultimatum with a plan that is difficult to refuse. Staying on top of the situation you face.

♍ Virgo | Aug. 23-Sept. 22. Talk is cheap, but it can help you wriggle out of a sticky situation. Don't make a personal change without doing research. False information could steer you wrong. BERNICE BEDE OSOL

Sudoku: Easy and hard

3	9		4	2				
	4	5				9		
7			8				3	
		8	2					
	7	1	9		3	8	5	
					4	7		
	5				8			1
		3				5	9	
				1	5		6	4

4					3	6		2
5				4			3	
2		9	1			4	7	
7			5				8	
	5				2			7
	1	7			8	5		9
	6			9				3
9		5	7					6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

The US is not one big family

Re: 'Negotiating is necessary' (Metro, Oct. 11-13) Lewis Clabough's letter to the editor must be challenged. He compares the U.S. government to an average citizen who must tighten his or her belt when faced with a shortage of cash. But the government is not like a citizen. Citizens can't declare war, governments aren't protected from testifying against themselves, etc. The government can and should deal with the economic crisis with stimulation, not belt tightening. KEN GREIFF, VIA EMAIL

Yes, family debts and national debts need to be paid, but a family is not a nation. Only a nation fights two wars on borrowed money and only a nation has diplomatic obligations. These are non-family related expenses. The Republicans want no taxes and still hide behind a big army. You cannot have it both ways. TOM CHAN, VIA EMAIL

Metro did well with gun series

Re: 'Guns in our cities' investigative series (Metro, week of Sept. 23) I wish to thank you for your article and coverage on guns in the city. I was very pleasantly surprised to see this in your paper, as you wouldn't see this in the Daily News or the New York Times. But, you have reported this unbiased and fairly. That's a plus in today's media coverage. I do enjoy your paper because it gives a short synopsis of an issue, which I later read up on. I am very traditional and conservative, also a native New Yorker, so I've seen what has become of the city over the years. Please thank your staff and writers for me, and keep up your good, unbiased work. KEVIN MORIARTY, OZONE PARK, N.Y.

letters@metro.us

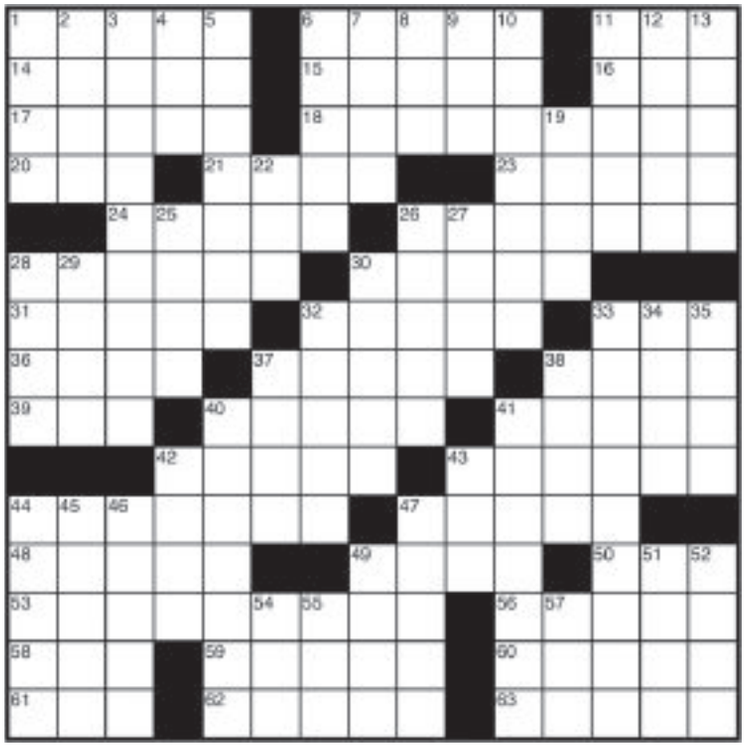
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Guy, informally
6 Bright star in Orion
11 AAA suggestion
14 Over
15 Vast assortment
16 Purpose
17 Not spelled out
18 Quail-like bird
20 Lime cooler
21 Pack — —
23 Less cordial
24 Thrilled
26 Wood for smoking
28 Cracker shape
30 Side road
31 Type of eclipse
32 Hero's award
33 — -Magnon man
36 Amtrak driver
37 Has misgivings
38 Ad award
39 Shot meas.
40 Henry or Jane of film
41 Economy class
42 June honorees
43 Trunks
44 Makes a pit stop
47 Keeps an eye on
48 Serviceable
49 Jungle crushers
50 Visa and passport
53 Wave rider
56 Well-timed (2 wds.)
58 NFL scores
59 Vine-covered
60 Find out
61 Still
62 Bright and —
63 Dazzling success

Down
1 — morgana
2 Victorian oath
3 Delicate insects
4 52, to Livy
5 Against violence
6 Part of REM
7 Where to hear Farsi
8 Cur's greeting
9 Attend a banquet
10 Melodious
11 Walkie-talkie
12 Ferocious hunter
13 Abrasive
19 Gross
22 Contact no.
25 Mr. Sharif
26 Nine-headed monster
27 "— — framed!"
28 Obi-Wan portrayer
29 Now, to Caesar
30 Hippies have them
32 Darns
33 Traditional
34 "Miami Vice" cop
35 They accompany aahs
37 Young horse
38 Quantity of firewood
40 It's on the house
41 Cheer up
42 Body of water
43 Leaves in a bag
44 Out of practice
45 Piano exercise
46 Second to none
47 Cold day libation
49 Belgian singer Jacques —
51 — mater (brain membrane)
52 Faxed, maybe
54 Caviar, actually
55 Vanish into thin —
57 Toshiba competitor

Yesterday's answer



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Goodson injury has Jets scrambling for offense

NFL. Running back Joe McKnight is not likely to return to the team, according to a source.

A struggling Jets offense got worse yesterday with the news running back Mike Goodson is out for the season with a torn ACL and MCL.

Goodson returned to the Jets last week after a four-game suspension for this past summer's arrest on drugs and weapons charges. Sunday's game against Pittsburgh was his second game back.

His absence is a crippling blow to a ground game that struggled in a 19-6 loss to the Steelers. The running backs accounted for just 75 rushing yards. Goodson had four carries for 29 yards before leaving the game in the fourth quarter with the injury.

"I think we all saw what we were so excited about, the kind of explosiveness that young man possesses," head coach Rex Ryan said.

Speculation has linked the Jets to interest in Joe McKnight, who was cut by the team at the tail end of preseason. He signed with the Packers but was also cut. A source close to the team tells Metro that the Jets haven't reached out to McKnight at this juncture and called such interest "probably a bit unlikely given some off the field concerns."

KRISTIAN DYER
sports@metro.us

Goodson was just showing an added spark to the offense when he was injured during the second half on Sunday. / GETTY IMAGES

3 SPORTS

Flat done

Shumpert cuts his flat top

Knicks guard Iman Shumpert has returned from the 1980s. Shumpert cut his signature hi-top fade before team pictures yesterday, returning to the shaven look he had in college and as a rookie. Nerlens Noel, you now stand alone.

Comeback trail

Garrard hopes to stick second time around

This time next week, David Garrard expects to be a member of the Jets following a week of practice and no signs of a nagging knee injury.

Originally signed by the Jets in the offseason, Garrard retired in May due to lingering issues with his knee. Now he is back and on the exempt list, practicing with the scout team and feeling like his old self.

"When you have surgery, things never quite get back to what you were born with, but it feels great — great enough to come out of retirement and great enough to be here," Garrard said. **KRISTIAN DYER**

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Wide receiver Hakeem Nicks has 25 catches for 442 yards in six games this season, but has yet to catch a touchdown. / GETTY IMAGES

On the trading block

NFL. Hakeem Nicks is trying to ignore the trade rumors coming out of Giants camp.

While sitting at his locker fielding questions — because he was too banged up to stand — Brandon Jacobs noted no one on the Giants has given up hope.

"There's nobody in this locker room that wants to be anywhere else but here," Jacobs said when asked if he thought swirling trade rumors had any merit.

Wideout Hakeem Nicks, who may be the biggest name on the roster whose name has been included in such rumors, said he's on board with this team until told otherwise.

"Business is business [but] I'm a Giant right now," said Nicks. "I'm going to enjoy it. ... I love playing for the Giants. I'm a Giant right now. I'm gonna stand strong with that. That's the only thing I can focus on right now. I can't really control no rumors."

Nicks was drafted by the Giants in the first round in 2009, but his contract is up after this season. Multiple outlets have reported over the last 48 hours that the Giants were at least putting out feelers to see if anyone was interested in the two-time 1,000-yard receiver.

Nicks acknowledged he hasn't "gotten a whiff" of trade talks from other teams, and said he thinks the Giants organization would "respect" him enough to come to him if there was anything brewing.

TONY WILLIAMS
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Chipper Coughlin?

Tom Coughlin, one of the most guarded coaches in the NFL, was in an unusually chipper mood at his weekly press conference yesterday. The Giants had a few extra days off playing their last game on Thursday.

- The usually staid coach even had a few one-liners about the way he spent his weekend: "[I] went for a long walk on Saturday and thought the leaves were nice. ... Someone told me they change this time of year."
- Michael Cox was the only running back to practice yesterday. "It was a little bit strange being the only back out there," Cox said. He may see time Monday.

R U serious?

Schiano not worried about fans' booing

Buccaneers head coach Greg Schiano did not hear many boos during his time at Rutgers. The same can't be said for his rocky tenure in Tampa Bay.

Schiano's Bucs were booed heartily following a loss to Philadelphia on Sunday. But don't consider him concerned.

"The only thing I can say to the fans is, if they can hang in there, we're going to be good," Schiano told reporters. "If they can't, we're still going to be good, and they're welcome back. I'm not being smart, I mean that." METRO

Rangers shuffle

Rangers make early changes

The Rangers are struggling and it hasn't taken new head coach Alain Vigneault long to make changes.

The team announced yesterday is has waived backup goaltender Martin Biron and wing Arron Asham.

The Rangers, who are 1-4, would likely keep Asham in the AHL if he clears, but Biron might call it a career. He said he was caught by surprise by the move and had to think over his future plans. METRO

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Baldwin Harbor Totally re-done, huge 4 br Colonial w/amazing master suite, 3 full bths, lr, fdr, eik & much more. No C/C. By Owner 516-476-8302

Oceanside ★ Totally renov 4 br, exp. Cape, lr, fdr, eik, granite counters, 2 full bths, great loc! Owner help w/cc. 30 min NYC. Owner 516-476-8302

OLD WESTBURY Lux 1 Fam, 6 Br, 5.5 Ba, fdr, lr, fam rm, den, fmle, theater, pool, att gar on 2 acres. JOHNSON REALTY 718-209-7005

Rockville Centre West Hempstead Great Deal! 1 fam 4 brs, 2 bths, fin bsmt. All renovated. $3500 down. Only $249K ★ Owner 516-680-3951 ★

★ POCONOS ★ 2 story 4 br, 2 full bths, 2 car gar, stone hearth eik, family rm, den, laundry rm, 2 decks, jacuzzi, $983/mo. Sale by Owner ★ 610-681-5580 ★

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★★ NE BRONX & ALL AREAS ★★ STUDIOS, 1BR Fr. $900 2BR Fr. $1200 3BR Fr. $1400. 4BR Fr. $1600. Sec. 8 Welcome. 718-994-6557 Broker

CROWN HTS-1 BR 9x10, lr 10x12, total S/F: 440, ceiling fans, credit ck or 2 mos security. $1700/mo + sec, no pets, Utils not incl. Owner 917-627-1835

Crown Hts ★ Lefferts Av/Washington Well maint. Rent stab. bldg. Nr shops/trans. Stu $1225. 1 br 1600/mo. 1st mo rent free. Agt 718-657-1085

EAST FLATBUSH Ave H & E. 32 St 1 blk off Flatbush. Nr shops/trans, 1 br $1250. Well maint rent stab bldg 1st ½ mo rent free. Agt 718-657-1085

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NOTICE IS HEREBY GIVEN, that a license, Serial # Pending for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 71-02 Kissena Blvd. Flushing, NY 11367 for on-premises consumption. FKNG Corp. d/b/a Mela's Cafe & Restaurant

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